STRATEGY 9: Implement a Staff Wellness Program that Includes Healthy Eating and Active Living

why does this matter?

Staff who practice healthy eating and active living are great role models for kids.¹,²

A staff wellness program can strengthen the healthy eating and active living message that kids are already receiving.

A staff wellness program can encourage staff to value nutrition and physical activity more highly, and can increase their commitment to adopting and creating a healthy environment for the children in their care.¹,³

Staff becomes more comfortable talking about nutrition and physical activity, and they are more likely to serve healthy options for snacks, at celebrations, and at staff meetings.¹-⁴

References